



Caregiver Handbook

Information

Assistance

Resources



There are four kinds of people in the world:

Those who have been caregivers,
Those who are currently caregivers,
Those who will be caregivers, and
Those who will need caregivers.

Rosalynn Carter
Former First Lady

ARE YOU A CAREGIVER?

Families, not institutions, provide the majority of care to chronically ill and disabled loved ones. You are a caregiver if you routinely provide supervision and/or assistance to another individual who is elderly, disabled, chronically or terminally ill.

The Aging and Disability Resource Center (ADRC) of Jefferson County is the first place to call to help you learn about community resources that are available to you, programs that can help fund services and educational opportunities to help you care for the people you love.

This booklet has been developed by the ADRC and Jefferson County Caregiver Coalition to provide you with information that focuses on **YOU**, the Caregiver. Our goal is to help link you to the services you are looking for, no matter where you start. We adhere to a “no wrong doors” philosophy in order to support and guide you on your caregiving journey.

*Don't let your mind bully your body into believing it must
carry the burden of its worries.*

Astrid Alanda

Did you know?

1 in 4 adults are caregivers

65.7 million caregivers make up 29% of the U.S. adult population providing care to someone who is ill, disabled or aged.

52 million caregivers provide care to adults (aged 18+) with a disability or illness.

43.5 million care for someone 50+ years of age and 14.9 million care for someone who has Alzheimer's disease or other dementia.

More women than men are caregivers: an estimated 66% of caregivers are female. One-third (34%), takes care of two or more people, and the average age of a female caregiver is 48.



*Find your inner
peace*

CAREGIVING: ARE YOU UP TO IT?

Caregiving is hard work. It can be extremely satisfying, but it can also be demanding, both physically and emotionally. It can cause additional stress within a relationship and can result in financial hardship. Caregivers often put their needs on hold and unintentionally begin neglecting themselves and others in their families.

In order to continue to provide the best care possible, caregivers need to take care of themselves first. If you are a caregiver, there are many things that you can do:

- Get enough sleep
- Take a break every day
- Exercise
- Eat a balanced diet
- Drink plenty of water
- Communicate your needs to others
- Get regular medical care for yourself
- Connect with other caregivers
- Recognize the signs of stress early
- Talk to your family about what you need
- Develop a support system
- Continue to do things that interest you
- Learn more about your loved one's health issues
- Keep a log to jot down concerns you need to discuss with home care or medical providers
- Make a list of things that you could use help with
- Keep humor in your life
- Acknowledge that you are human, have limitations and make mistakes
- Ask for & accept help

*While we may not be able to control all that happens to us, we
can control what happens inside us.*

Benjamin Franklin

Coping as an Alzheimer's or Other Dementia Caregiver

When caring for someone with dementia you may have to deal with many different feelings, as the needs of the person with dementia changes over time. You may experience a range of very different and often extreme feelings. This is particularly difficult because as dementia gradually causes the person's abilities and personality to change, the nature of your relationship will also change. There is no simple way to deal with these feelings, but it may help to know that the complex and changeable emotions you feel are completely normal. Remember: you are not alone. The Alzheimer's Association offers support, information, and education, and **has a 24 hour helpline 1-800-272-3900**

Your Feelings

Some of the most common feelings experienced by families and caregivers are guilt, grief and loss and anger.

Guilt

It is quite common to feel guilty – guilty for the way the person with dementia was treated in the past, guilty at feeling embarrassed by their odd behavior, guilty for lost tempers or guilty for not wanting the responsibility of caring for a person with dementia.

If the person with dementia goes into hospital or residential care you may feel guilty that you have not kept them at home for longer, even though everything that could be done has been done. It is common to feel guilty about past promises such as “I'll always look after you”, when this cannot be met.

Grief and Loss

Grief is an emotional response to loss. This could be the loss of a relationship, moving home, the loss of good health, divorce or death. If someone close develops dementia, we are faced with the loss of the person we used to know and the loss of a relationship. People caring for partners may experience grief at the loss of the future that they planned to share together.

Grief is a very individual feeling and people will feel grief differently at different times. It will not always become easier with the passing of time.

Anger

It is natural to feel frustrated and angry – angry at having to be a caregiver angry with others who do not seem to be helping out, angry at the person with dementia for their difficult behaviors and angry at support services.

Sometimes you may even feel like shaking, pushing or hitting the person with dementia. Feelings of distress, frustration, guilt, exhaustion and annoyance are quite normal. However if you feel like this you could lose control, it is important to discuss your feelings with someone such as your doctor or a counselor/therapist. You can talk with a helpline specialist on the Alzheimer's Association **24 hour helpline 1-800-272-3900**

What to Try

You may find some of the following ideas helpful when dealing with feelings of guilt, loss and anger:

Feel the pain - Allow yourself to really feel what you are feeling, no matter what that is. Denying the feelings only intensifies and prolongs the pain.

Cry - Tears can be therapeutic. Let them cleanse and relieve the pain inside.

Talk - Share the pain. It is important to talk about your feelings even at the most difficult times. Sharing grief will help diminish it. It can be helpful to talk to a person outside the family, such as a counsellor.

Keep a journal - A journal is a private place where anything can be written including unfulfilled wishes, guilt, angers and any other thoughts and feelings.

Let go - Don't be engulfed by bitterness. Resentment is a heavy load and can only continue the hurt. If there is a source of anger, try to resolve it.

Find comfort - Different people have different ways of finding comfort. For many there is comfort in rituals, whether prayer, meditation or other activities.

Hold off - Tread carefully before making decisions. Thoroughly explore all options before making major steps. You can be vulnerable at times.

Be kind to yourself - Be patient with your feelings. Finding a balance between the happy and sad person, the angry and peaceful and the guilty and glad self. Have patience with yourself.

Learn to laugh again - Rediscover your sense of humor. Finding joy in life can be one way of honoring the happy times that used to be shared.

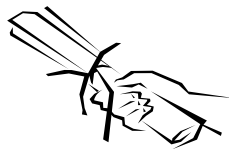
Remember to Take a Break

Try to make sure that you get adequate breaks from caregiving so that you do not get worn down. Ask relatives and friends for help. Contact support services to see how you can get regular breaks. To find local support services and support groups call your **local ADRC** or the Alzheimer's Association Helpline **1-800-272-3900**.

Adapted From Alzheimer's Australia <https://fightdementia.org.au/support-and-services/families-and-friends/taking-care-of-yourself/your-feelings>

CAREGIVER'S BILL OF RIGHTS

- Caregivers have the right to appreciation and emotional support for their decision to accept the challenge of providing care.
- Caregivers have the right to protect their assets and financial future without severing their relationship with the care receiver.
- Caregivers have the right to respite care during emergencies and in order to care for their own health, spirit, and relationships.
- Caregivers have the right to expect all family members, both men and women, to participate in the care for aging relatives.
- Caregivers have the right to provide care at home as long as physically, financially and emotionally feasible; however, when it is no longer feasible caregivers have the obligation to explore other alternatives, such as a residential care facility.
- Caregivers have the right to receive sufficient training in caregiving skills along with accurate understandable information about the condition and needs of the care recipient.
- Caregivers have the right to temporarily alter their premises as necessary to provide safe and livable housing for care receivers.
- Caregivers have the right to accessible and culturally appropriate services to aid in caring for aging care receivers.
- Caregivers have the right to expect professionals, within their area of specialization, to recognize the importance of palliative (ease without curing) care and to be knowledgeable about concerns and options related to older people and caregivers.
- Caregivers have the right to a sensitive, supportive response by employers in dealing with the unexpected or severe care needs.



SPIRITUALITY



*When our eyes see our hands doing the work of our hearts,
the circle of creation is completed inside of us,
the doors of our souls fly open and
love steps forth to heal everything in sight.*

Michael Bridge

5 Ways to Celebrate Spiritual Wellness

Marie Kirkland, The Articles Factory

- Nurture your inner self with an everyday retreat. Take some time away from your busy schedule and create a retreat at a place where you feel peace-filled and connected to your source. This could be at the beach, the mountains or your favorite spa.
- Create or redefine your life vision and purpose statement. A retreat is the perfect place for journaling and looking within. This may be the perfect place to create or redefine your life vision and purpose statements. We are very familiar with the importance of a vision and purpose statement for business, however, creating these statements for your life will help you bring clarity, meaning and direction to every area of your life especially your career or business.
- Connect your vision with your heart by defining your guiding principles. Your guiding principles are the philosophy of how you live your life regardless of changes in your goals, career or relationships. It is a barometer in which to gauge if you are on target with your actions and decision.
- Live in harmony. Decide to live each day in harmony by aligning your vision, purpose and guiding principles with every area of your life to include your career or business.
- Have fun. Do something that you absolutely love doing and that allows you to feel connected to your source and your life purpose.

American Medical Society; Caregiver Stress, Self-Assessment:

Caregivers are often so concerned with caring for their loved ones needs that they lose sight of their own wellbeing. Please take just a moment to answer the following questions.

During the past week or so, I have . . .

Yes	No	Had trouble keeping my mind on what I was doing
Yes	No	Felt that I couldn't leave my relative alone
Yes	No	Had difficulty making decisions
Yes	No	Felt completely overwhelmed
Yes	No	Felt useful and needed
Yes	No	Felt lonely
Yes	No	Been upset that my relative has changed so much
Yes	No	Felt a loss of privacy and/or personal time
Yes	No	Been edgy or irritable
Yes	No	Been satisfied with the support my family has given me
Yes	No	Found my relative's living situation to be inconvenient to care
Yes	No	Felt strained between work and family responsibilities
Yes	No	Had back pain
Yes	No	Had a crying spells
Yes	No	Felt ill (<i>headaches, stomach problems or common cold</i>)
Yes	No	Had sleep disturbed because of caring for my relative

____ On a scale of 1 to 10, with 1 being "not stressful" to 10 being extreme stress , please rate your current level of stress

____ On a scale of 1 to 10, with 1 being "very healthy" to 10 being "very ill," please rate our current health compared to what it was this time last year

Self-evaluation:

To Determine the Score:

- 1) Reverse score questions 5 and 15. *(For example, a "No" response should be counted as "Yes" and a "Yes" response should be counted as "No"*
- 2) Total the number of "yes" responses.

To Interpret the Score:

Chances are that you are experiencing a high degree of distress:
If you answered "Yes" to either or both Questions 4 and 11; or
If your total "Yes" score = 10 or more; or
If your score on Question 17 is 6 or higher; or
If your score on Question 18 is 6 or higher

Next steps:

Consider seeing a doctor for a check-up for yourself
Consider having some relief from caregiving.
Consider joining a support group

HEALTH, FINANCIAL & LEGAL CONSIDERATIONS

As a caregiver you may be faced with making medical and financial decisions about your loved one. Long-term financial planning is very important for all parties involved and is crucial for many reasons; however, first and foremost, early planning offers you the opportunity to be involved in helping your loved one make plans for their own future. Following are some things to consider:



Advance Care Planning:

It's About the Conversation!

Advance care planning is a process that helps you:

- Think about your health care values and goals;
- Consider health care choices you may have to make in the future;
- Talk about your choices with your doctor and your loved ones; and
- Make a written plan for the future (advance directive).

Make an appointment with a trained advance care planning facilitator today. Learn vocabulary, reflect on your values, choose a health care agent, explore goals for treatment, and take the first steps toward completing an advance directive.

To schedule a free appointment, call Jody Deichl at Fort Atkinson Hospital at (920) 568-5279.

Other Advanced Directives : Health & Finances

- **Power of Attorney for Finances** allows individuals to plan for future financial decision-making even if you are unable to make your own decisions;
- **Declaration to Physicians—Living Will** allows individuals to state their preferences about life sustaining procedures in the event of terminal illness or if in a persistent vegetative state.

You do not need to go to an attorney to set up an advance directive. Although care should be taken when completing a power of attorney for finances because they can give the individual designated unintended power over an individual's finances.

Estate Planning: Trusts & Wills

These instruments direct how an individual's property will be allocated after they die. Trusts differ from wills in that they can take effect during the owner's lifetime.

To establish a trust, you will need to talk to an attorney. It is also suggested that you see an attorney when establishing a will, unless the estate is very small, i.e. few assets or personal property. Once planning is complete, keep the documents in a safe place and remember where they are kept!

Managing Medical Expenses

The cost of caring for an individual with long term care needs can have a considerable impact on the individual or couples finances. As a caregiver you will need to:

1. Understand what coverage is provided by medical insurance;
2. Investigate the feasibility of Long- and Short-Term Disability Insurance;
3. Understand Medicare;
 - Basic Coverage
 - Home Health Coverage,
 - Skilled nursing Facility Coverage, and
 - Prescription Drug Coverage.
4. Review the Medicare Supplemental Insurance Policy;
5. Become familiar with the Medicaid Program;
 - Non-Financial Eligibility Requirements;
 - Financial Eligibility Requirements;
 - Estate Recovery; and
 - Reporting Requirements.

The Elderly and Disability Benefit Specialists at the ADRC are experts in helping manage medical expenses and are available to answer your questions.

Burial: Why Preplan?

Arranging a funeral or memorial service for a loved one can be a challenging task during an already difficult time. In addition to managing feelings of grief and loss, there are many important decisions that must be made within a relatively short period of time. Family and friends want to honor the wishes of their loved one, but often do not know the best way to do things.

Preplanning a funeral or memorial service is something important that your loved one can do for you. It can provide them comfort in knowing that the services reflect their wishes. Preplanning can lessen the stress on loved ones who would otherwise have to make difficult decisions at a time when they may not be best prepared to do so.

A funeral director can help you through this process and can also discuss any financial concerns you might have including setting up burial trusts and designating life insurance proceeds toward funeral expenses.

RESOURCE DIRECTORY

Adaptive Aids/Equipment

Adaptive aids or equipment are tools designed to help people with disabilities be more independent. These products are used to compensate for impairments or accomplish tasks and are typically used on a daily basis.

Adult Day Care

An Adult Day Care facility provides services for part of a day in a group setting to adults who need assistance with activities of daily living and supervision. In-turn caregivers are provided with “respite” or a break in caregiving responsibilities. Services may include personal care, provision of meals, medical care, medication administration, transportation and activities designed to meet physical, social, and leisure time needs.

Aptitudes
426 McMillen Street
Fort Atkinson, WI
920-563-8554

Reflections Adult Day Care
W511 Madison Avenue
Fort Atkinson, WI
920-568-9233

Capabilities
N2489 Wenham Rd
Fort Atkinson,
920-568-9705

Golden Options Adult Day Care
N4637 County Hwy Y
Jefferson, WI
920-674-8252

Elite Day Services
1101 South Grove Avenue
Jefferson, WI
920-988-2524

Adult Family Homes

Adult family homes are residential homes licensed or certified to care for 4 or less adults. They provide room, board, laundry, supervision, personal care and respite care,

There are many adult family homes located in Jefferson County and the list is too extensive to be included here. For a complete listing of all homes, please call the ADRC for options.

Aging & Disability Resource Centers (ADRC)

ADRC's are the first place to go to get accurate, unbiased information on all aspects of life related to aging or living with a disability. Aging & Disability Specialists are highly skilled in helping people review all of the options available to them within their own homes and communities.



**1541 Annex Road
Jefferson, WI
920-674-8734
866-740-2372 (toll free)
920-674-5011 (TTD)
800-947-3529 (TTY)**

*Helping to serve and support caregivers
by connecting them to resources that
help them provide compassionate,
dignified care to their loved one.*

Alzheimer's Alliance of WI

The Alliance provides information and resources regarding Alzheimer's disease and related dementias.

**Alzheimer's & Dementia Alliance of Wisconsin
517 North Segoe Rd., Suite 301
Madison, WI
Phone: 608-232-3400
Toll-free: 888-308-6251**

Alzheimer's Association

The Alzheimer's Association provides supportive programs and services to help people with AD and other dementia's and their caregivers.

**Alzheimer's Association of Southeastern WI
620 South 76th Street, Suite 160
Milwaukee, WI
414-479-8800
800-272-3900 Helpline 24/7**

Alzheimer's Family Caregiver Support Program (AFCSP)

AFCSP is a state funded program that provides financial assistance to families when someone has been given a dementia diagnosis. Funding is contingent upon the family or individual's financial situation. It can be used for a variety of long term care services/supplies. For more information, please call the ADRC and ask for the AFCSP Program Coordinator.

Benefit Specialists

Elder and Disability Benefit Specialists help people access public benefits and they are experts when it comes to publicly funded programs, such as Medicare, Medicaid, Food Share, Social Security Retirement & Disability, Supplemental Security Income, SeniorCare and private health insurance. Elder benefit specialists work with people 60+ and disability benefit specialists work with people ages 18-59. For more information please call the ADRC.

Caregiver Education & Support

Educational groups provide caregivers with information about health & wellness, tips for caregiving, suggestions for communicating with someone with Alzheimer's Disease or talking to your doctor, in addition to a variety of other topics.

Support groups provide caregivers with a place to get together to share their thoughts, concerns and feelings with others who are in similar situations. They often provide people with information about resources that are available to them to help lessen the stress related to caregiving.

Powerful Tools for Caregivers is a 6 week class that provides caregivers with tools and strategies to better handle the unique challenges they face. Call the ADRC to get information about class offerings.

Caregiver Support Groups

Hearthstone/Fairhaven *
426 W. North Street
Whitewater, WI
262-473-2140

1st Thursday
1:30 p.m.—3:00 p.m.

Reflections Adult Day Care
511 Madison Avenue
Fort Atkinson, WI
920-563-9233

3rd Monday
6:30 p.m.—8:00 p.m.

Watertown Public Library
100 Water St
Watertown, WI
920-262-0923

4th Wednesday
4:00 pm

Jefferson Memory Care
414 County Hwy Y
Jefferson, WI
920-541-3520

4th Wednesday
4:00 p.m.—5:00 p. m.

***Respite is available during the group**

Community Based Residential Facilities (CBRF's)

CBRF's are congregate living facilities that care for 5 people or more. They can be small or very large. Like adult family homes they provide room, board, laundry, supervision, personal care and respite care. Those listed here offer respite services. For a complete listing of all homes, please call the ADRC.

**Autumn Winds of Oakland
N3767 Oakland Road
Cambridge, WI
608-423-9300**

**Birch Terrace
1109 Caswell Street
Fort Atkinson, WI
920-568-4509**

**Blackhawk Senior Residence
1 Milwaukee Avenue
Fort Atkinson, WI
920-563-1480**

**Brook Gardens Place
300 O'Neill Street
Lake Mills, WI
920-648-5760**

**Eagle View Manor
881 Collins Road
Jefferson, WI
920-674-2260**

**Heritage Assisted Living
700 Welsch Road
Watertown, WI
920-206-9448**

**Highland House
124A Hospital Drive
Watertown, WI
920-262-4823**

**Jefferson Memory Care
414 Cty Hwy Y
Jefferson, WI
920-542-3520 or 715-797-6027**

**Lilac Springs
403 O'Neil Street
Lake Mills, WI
920-945-0040**

**London Lodge I & II
W9095 London Road
Cambridge, WI
920-648-3171**

**Sienna Crest
1531 Commonwealth Drive
Fort Atkinson, WI
920-568-1840**

**Sunset Ridge Assisted Living
Johnson Creek 920-699-1275
Sunset Ridge Memory Care
Jefferson 920-541-3536**

**Sylvan Crossings of Jefferson
279 North Jackson Avenue
Jefferson, WI
920-674-0698**

**Wellington Meadows
N2550 Memorial Drive
Fort Atkinson, WI
920-563-2199**

**Wellington Place
200 S. Water Street
Fort Atkinson, WI**

**Park Ridge
1148 Bayberry Drive
Watertown, WI 53094**

CBRF's continued:

Abilities, Inc., Bethesda Lutheran Homes & Communities and St. Coletta of WI have a large pool of adult family homes and community based residential facilities that serve older adults. Please call the ADRC for a complete listing which includes facilities located in bordering communities.

Emergency Response Systems

Emergency response systems help people access assistance when they need it. Individuals typically wear a necklace with a button to push in an emergency, i.e. a fall. In response to the alert, a series of calls are placed to check on the individual; if no response is received, the EMS is dispatched.

Fort Atkinson Care Line
611 East Sherman Avenue
Fort Atkinson, WI
920-568-5275

Marquardt at Home
1020 Hill Street
Watertown, WI
920-261-7108

Hospice Care

When faced with the challenges of an incurable life-limiting illness, peace of mind can be hard to find. Hospice care and services are provided to patients with cancer, Alzheimer's, heart, kidney, lung disease and many other conditions. Treatment is based on comfort rather than cure while utilizing a team approach with nurses, social workers, physicians, volunteers, counselors and many others to serve the patient and their family at home or in any other care facility. Medicare, Medicaid and most private insurers have a hospice benefit within their plan. Many hospices provide care regardless of the patient's ability to pay. Please speak to your local hospice or physician if you believe you or your loved one is in need of additional care and support.

Agrace Hospice
5395 East Cheryl Parkway
Madison, WI
608-276-4660

Marquardt at Home
1020 Hill Street
Watertown, WI
920-206-6202

AngelsGrace
W359 N7430 Brown St.
Oconomowoc, WI
920-468-0115

ProHealth Home Hospice
1020 James Drive, Suite E
Waukesha, WI
262-928-7444

Asceracare Hospice
121 Hospital Drive
Watertown, WI
920-206-9812

Rainbow Hospice Care
147 W. Rockwell Street
Jefferson, WI
920-674-6255

Home Health, Personal and Supportive Home Care

Home Health Care

Home Health Care provides the skilled services of nursing, physical therapy, occupational therapy, speech therapy, social work and home health aides to patients recovering from illness or injury. Care is provided in the comfort of the patient's home environment and is directed at restoring the individual to their prior level of health and then to help them maintain the maximum level of comfort, function and health.

Personal Care

Personal Care provides non-skilled services such as assistance with bathing, dressing, skin care, toileting, mobility, shaving, shampooing, oral care, transfers, meal preparation, assistance with feeding, medication reminders, respite and/or over-night care.

Supportive Home Care provides assistance with light housekeeping, laundry, garbage removal, washing dishes and grocery shopping.

BrightStar
20 South Main Street, Suite 13
Janesville, WI
608-314-8501

Home Instead
4245 Fox Hills Court
Janesville, WI
920-542-4530

Interim Health**
104 W Linden, Suite A
Jefferson, WI 53549
920-674-6855

Marquardt at Home**
1020 Hill Street
Watertown, WI 53094
920-261-7108

Supportive Home Living Services
250 W Broadway
Waukesha, WI
262-544-0687

SSM Health at Home
3700 E Racine Street
Janesville, WI
800-924-2273

TLC Home Care
116 East Madison Street
Lake Mills, WI
920-648-2300

Visiting Angels
1001 Madison Avenue, Suite C
Fort Atkinson, WI
920-568-1051

Mercy Home Care**
901 Mineral Point Ave
Janesville, WI 53548
608-7542201

**** Agencies Accept Medicaid**

Memory Care

Memory loss is not an evitable part of aging, but if you or someone you care about is concerned about memory, it's time to talk with someone about your concerns. The ADRC provides a service that not only helps those in crisis or those who can't manage, but also validates current experiences and can help with planning ahead and being prepared. Individuals can continue to see results from understanding the disease and being proactive in managing its impact. Please call the ADRC today to talk to the **Dementia Care Specialist**

National Family Caregiver Program

The NFCSP program provides five core services to caregivers, including information, assistance, support, respite care and supplemental services. Funding is available on a limited basis to help pay for needed services. The program serves caregivers who fit in the following categories: 1) They are caring for someone with dementia (any age); 2) They are caring for someone aged 60+; 3) They are age 60+ and are caring for an adult child with a disability. For more information, please call the ADRC and ask to speak to the Caregiver Support Coordinator.

Nutrition

Senior Dining Programs provide congregate or home delivered meals to caregivers and their loved ones on a Monday-Friday basis. This program has been especially helpful to caregivers who work and are not available to make a noon meal. There are also private meals programs in the county. For more information, please contact the ADRC.

Parish Nurse Services

Parish nurses function within the parameters of seven (7) major roles. These are:

Health Educator – focusing on a variety of educational activities for all ages that explore the relationship between values, attitudes, lifestyle, faith and health.

Personal Health Counselor – assisting individuals to deal with health issues and problems and may include hospital, home, nursing home, etc. visits.

Referral Agent – providing congregational and community resources for healing and wellness.

Health Advocate – encouraging all systems (congregant, faith community, primary health resources) to find the best solution for healing and wholeness - body, mind and spirit.

Facilitator of Volunteers – recruiting and coordinating resources within the faith community to serve in its various health ministries.

Developer of Support Groups – facilitating the development of support groups to meet member needs and those of the external community.

Integrator of Faith and Health – seeking, in all activities and contacts, to promote the understanding of the relationship between faith and health

Please call your parish for more information about services provided by Parish Nurses.

Prevention

Once you burn out, caregiving is no longer a healthy option for either you or the person you're caring for. So it's important to watch for the warning signs of caregiver burnout and take action right away when you recognize the problem.

- **Learn as much as you can.** Gain knowledge about your family member's illness and about how to be most effective. The more you know, the more effective you'll be, and the better you'll feel about your efforts.
- **Know your limits.** Be realistic about how much of your time and yourself you can give. Set clear limits, and communicate those limits to doctors, family members, and other people involved.
- **Accept your feelings.** Caregiving can trigger a host of difficult emotions, including anger, fear, resentment, guilt, helplessness, and grief. As long as you don't compromise the well-being of the care receiver, allow yourself to feel what you feel.
- **Confide in others.** Talk to people about what you feel; don't keep your emotions bottled up. Caregiver support groups are invaluable, but trusted friends and family members can help too.

Publicly Funded Long Term Care Programs

Managed Care (Family Care and Partnership) and IRIS, Include Respect, I Self Direct, the self directed supports waiver program are available in Jefferson County providing that an individual is both functionally and financially eligible. These programs are intended to help the elderly or persons with disabilities get the long term supportive services they need to stay in their own homes. The ADRC is responsible for determining eligibility and providing options counseling to interested individuals.

Residential Care Apartment Complexes

RCAC's offer independent apartment units in which the following services are provided: room and board, up to 28 hours per week of supportive home care, personal care and nursing services. They also offer respite.

Highland House
161 Goehl Road
Waterloo, WI 53594
920-478-4193

Riverview Assisted Living
1301 East Main Street
Watertown, WI 53094
920-567-0100

Respite

Respite provides temporary relief for caregivers. In Jefferson County respite is provided by family members, friends, volunteers, adult day care, assisted living, nursing homes, home care agencies and privately paid providers.

**Reaching out Respite
Fort Atkinson & Lake Mills**

**Contact: Fort Health Care
920-728-0811**

Skilled Nursing Facilities

Skilled Nursing Facilities or nursing homes, provide services to the elderly or persons with disabilities who need skilled nursing care, appropriate medical monitoring and assistance with activities of daily living. Many times people go to nursing homes for rehabilitation after a medical set-back. These facilities also provide respite care and are a good option for someone with high needs.

**Alden Estates
1130 Collins Road
Jefferson, WI
920-674-3170**

**Fairhaven Senior Services
435 W. Starin Rd.
Whitewater, WI
262-473-2140**

**Dycoora Transitional Health
430 Wilcox Street
Fort Atkinson, WI
920-563-5533**

**Dycora Transitional Health
121 Hospital Drive
Watertown, WI 53094
920-261-9220**

**Marquardt Health Center
1020 Hill Street
Watertown, WI
920-261-0400**

**Willowbrook Nursing & Rehab
901 Mulberry Street
Lake Mills, WI
920-648-8344**

Volunteer Organizations

Volunteer organizations assist caregivers in many ways, including: : friendly visits, shopping, transportation, chore services (yard work/snow removal), meal preparation/delivery, respite care and home repair. The services listed above are all provided by:

**Your Friends-in-Action
Caring Hearts, Helping Hands
147 W Rockwell Street
Jefferson, WI 53549
920-674-4548**

Many congregations also provide these services to parishioners, as well.

Transportation

ADRC of Jefferson County **920-674-8104**

- **Medical Transport**
- **Veterans Van for Madison VA**

Bethesda Lutheran Communities **920-261-6526***

Brown Cab Company **920-563-6303***

Fish Volunteers-Jefferson **920-674-3557**

LaVigne's Bus Company **920-563-1515***

MTM, Inc. **866-907-1493***

Passenger Transit-Watertown **920-261-7433****

St. Coletta of WI **920-674-4330***

Your Friends-in-Action **920-674-4548**

*offers specialized transportation for persons on Medicaid

**provides non emergency medical transportation for people on certain Medicaid programs.

Veteran's Service Office

The Jefferson County Veterans Service Office Staff assists veterans in securing benefits from both the Wisconsin and the Federal Department of Veterans Affairs. The office provides applications for VA Hospital care; processes disability and pension claims; helps locate military service records; helps acquire medals for veterans; process veterans' death claims, assists in processing dependent claims, including government insurance, Presidential Certificates, flag-holders and headstones.

The office also assists qualifying veterans in applying for the Aid and Attendance Program which provides benefits for veterans who require the regular assistance of another person. To inquire about programs that may help you care for your loved one, please call **920-674-7240**.

Jefferson County Veteran's Service Office
311 S Center Ave, Rm 209
Jefferson, WI 53549



Visiting Physician's Services

Visiting Physician's Association (VPA) provides state of the art in home care for **geriatric** and **homebound patients**. Our highly trained visiting doctors and nurses are equipped to perform most of the same services that you would receive in a doctor's office but with the added benefit of being in the comfort of your own home.

Madison Office
5315 Wall Street, Suite 260
Madison, WI 53718
608-807-1600

Milwaukee Office
2514 South 102nd Street, Suite 160
Milwaukee, WI 53227
414-255-0300

Or: 1/800-839-6583

WHEN CAREGIVING ENDS

Grief Support Groups

Grief support groups help people to cope with grief, death, and major losses. Support groups help people through the stages of grief and the grieving process through supportive listening and shared experiences and are open to anyone in need.

Fort Atkinson Area Grief Support
Dwight D. Foster Library
209 Merchants Avenue
Fort Atkinson
3rd Tuesday 6:30 p.m. -7:30 p.m.

Monday Morning Joe
Rainbow Hospice Inpatient Unit
1225 Remmel Drive
Johnson Creek
1st & 3rd Monday 8:30 a.m. -10:00 a.m.



To find faith based supports: www.griefshare.org

Resources Available for Loan at the ADRC

Accidental Caregiver's Survival Guide: Your Roadmap to Caregiving Without Regret by A. Michael Bloom, MA, MS, CPC.

A Caregiver's Guide to Dementia: Using Activities and Other Strategies to Prevent, Reduce and Manage Behavior by Laura N. Gitlin and Catherine Verrier Piersol

A Dignified Life: The Best Friends Approach to Alzheimer's Care, A Guide for Family Caregivers by Virginia Bell and David Troxel

Ambiguous Loss: Learning to Live with Unresolved Grief by Pauline Boss

Caring for Yourself While Caring for Your Aging Parents: How to Help, How to Survive by Claire Berman.

Caregiver's Survival Handbook: by Alexis Abramson, PhD with Mary Anne Dunkin.

Caregiving: The Spiritual Journey of Love, Loss, and Renewal by Beth Witrogen Mcloud.

Comfort of Home: An Illustrated Step-by-Step Guide for Caregivers by Maria M. Meyer with Paula Derr, RN.

Creating Moments of Joy by Jolene Brackey

Fearless Caregiver: How to Get the Best Care for Your Loved One and Still Have a Life of Your Own by Gary Barg.

Final Gifts by Maggie Callanan

I'm Still Here: A New Philosophy of Alzheimer's Care by John Zeisel

Loving Someone Who has Dementia: How to Find Hope while Coping with Stress and Grief by Pauline Boss

Soul Care for the Caregivers: How to Help Yourself While Helping Others by Susanne West.

The 36-Hour Day by Nancy L. Mace & Peter V. Rabins.

Tough & Tender Caregiver by David A. Travland, PhD and Rhonda Travland.

Treasures in the Darkness: Extending the Stage of Lewy Body Dementia, Alzheimer's and Parkinson's Disease by Pat Snyder

What's Happening to Grandpa by Maria Schriver and Sandra Speidel

Information in this Caregiver Handbook is subject to change without notice, please check with the ADRC for the most recent updates.

December 2017